

## 5 A Day Recipes

### Soups and Stews

#### **Anya Von Bremzen's Armenian Red Lentil Soup with Apricots (Vospapur)**

**Serves 6**

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1/3 cup dried apricots, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1 cups dried, split red lentils, rinsed and picked over
- 5 cups low sodium canned chicken broth, or more as needed
- 3 medium tomatoes, chopped
- 1/3 cup fresh lemon juice, or more to taste
- Salt and freshly ground pepper to taste
- Fresh chopped parsley or mint, for garnish (optional)

Heat the oil in a large soup pot. Add the onions, garlic, dried apricots, cumin, and thyme. Cover, and cook over low heat until the onion is limp, about 10 minutes. Add the lentils and the broth, bring to a boil, and skim. Cook, covered, over medium-low heat until the lentils are tender, 20 to 30 minutes.

#### **Nutritional Analysis Per Serving**

Calories: 198  
Fat: 5 g  
Cholesterol: <0  
Fiber: 10 g  
Sodium: 44 mg

If the soup seems too thick, add some more broth. Stir in the tomatoes, and simmer for another 10 minutes. Puree half of the soup in a blender or food processor and return it to the pot. Add the lemon juice, salt, and pepper to taste. Serve, garnished with parsley.

This is an official 5 A Day Recipe, providing each person served with one serving of vegetables.